

Community Garden News

City of Loma Linda

November 2004

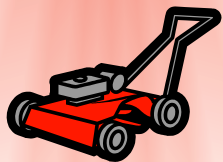
OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

In Need of Tools for Fall Clean UP ?

Why not become part of the Tool Lending Library. Tools that are available to borrow include:

- Blower
- Edger
- Extension Ladder
- Fruit Picker
- Hedge Trimmer
- Lawnmower
- Pressure Washer
- Pruning Saw
- Weed eater
- Rotor-tiller
- Wheelbarrow
- And much more...

If you are not already a member please stop by the City Manager's office at the City Hall for an application.



If you would like more information please call Joanne Heilman at (909) 799-2810

10,000 Steps Everyday

Walking is one of the easiest, most enjoyable, and most profitable forms of exercise no wonder recent health promotion guidelines suggest that people get 10,000 steps during the day. How far is 10,000 steps? The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to 5 miles.

A pedometer is a cheap, handy way to record steps in a day. Wearing the pedometer the entire day will give an excellent report of how many steps are walked in the day. A reasonable goal for most people is to increase average daily steps each week by 500 steps per day until you can easily average 10,000 per day.

There are many ways to increase your daily steps. Use your imagination and come up with your own list:

- Walk to the garden
- Use the stairs instead of the elevator
- Park farther from the store
- Walk to the store
- Get up to change the channel
- Window shop
- Plan a walking meeting
- Walk over to visit a neighbor
- Take the dog for a walk

Cole Crops

The terms "cold" and "cole" sound the same but have different meanings. "Cold" of course refers to temperature. "Cole" refers to any various plants belonging to the Cruciferae or mustard family. The mustard family includes cool season crops such as brussels sprout, cabbage, cauliflower, collards, kale, kohlrabi, mustard, broccoli, turnips and watercress. The cole crops grow best at a monthly mean temperature of 60 to 70 degrees F. This occurs when temperatures are 80 degrees F or less during the day and 60 degrees F or less during the night. In San Bernardino County these ranges occur November through February. When planting cole crops in the garden you are investing in a healthful life all year long. Cabbage is high in Vitamin C. Kale and turnip greens supply carotene, which the human digestive system converts to Vitamin A. Brussels sprouts, collards, and kale are a good source of plant protein. Growing cole crops in the garden helps provide gardeners with fresh and nutritious vegetables during the cooler months.

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California Healthy Cities
and Communities

New Veggie Varieties



Carrot 'Round Ro- meo'

Delightful ball-shaped beauties are tasty morsels with smooth-skinned flesh that hardly need peeling. Harvest delicious little gourmet carrots 60 days from sowing. Fast, easy and widely adapted to perform well in home gardens.



Squash, Winter F1 'Sunshine'

The 3-4 pound flattened globe shape squash has vibrant orange-red skin and bright orange, sweet, nutty creamy smooth flesh. Harvest 95 to 100 days from sowing and prior to fall frost.

Fruits and Vegetables: Do You Get Enough?

American Cancer Society

The American Cancer Society recommends five or more servings of fruits and vegetables each day to help prevent cancer. These foods are the best source of helpful vitamins, minerals, fiber, antioxidants, and phytochemicals that may help prevent disease. They also give you energy and help you feel great. Since the serving sizes are relatively small, most people can easily follow the recommendations. The list below explains the size, shape, and/or look of **one serving** to better estimate fruit and vegetable portions:

- 1 medium apple or orange: the size of a tennis ball
- 1 cup chopped raw vegetables or fruit: baseball size
- 1/4 cup dried fruit (raisins, apricots, mango): a small handful
- lunch-box size container of unsweetened applesauce.
- 1 cup of lettuce: four leaves
- chicken stir-fry with 1 cup of mixed broccoli, carrots, and mushrooms (= 2 vegetable servings)
- 1/2 cup of legumes (beans and peas): size of a closed fist
- 5-6 baby carrots



Sopa Seca (Dry Soup)

Makes 6 cups
Start to Finish: 40 minutes

Ingredients

1 c long-grain rice
1 Tbsp cooking oil
1 c chopped tomato (1 large)
1/2 c chopped onion (1 medium)
1/2 teaspoon chili powder

2 cloves garlic, minced
2 1/2 c chicken broth
3 Tbsp snipped fresh cilantro
1 1/2 c shredded, cooked chicken
1/2 c frozen peas, thawed

Directions

1. In a large skillet cook and stir the long-grain rice constantly in hot oil over medium-high heat for 2 to 3 minutes or until rice is lightly browned. Stir in tomato, onion, chili powder, and garlic. Cook and stir for 1 minute more.
2. Carefully stir in chicken broth and cilantro or parsley. Bring to boiling. Reduce heat and simmer, covered, about 20 minutes or until rice is tender and liquid is absorbed.
3. Stir in shredded chicken, beef, or pork and peas. Cover and let stand 5 minutes. Makes 6 cups (8 side-dish or 4 main-dish servings).

Nutritional facts per serving: calories: 194, total fat: 6g, saturated fat: 1g, cholesterol: 22mg, sodium: 278mg, carbohydrate: 23g, fiber: 1g, protein: 12g

